

(149) Article 64 9th November 2023

Title: Beyond patterns:

Post contemplation
after ~~more~~ over 10 years
of grief (roughly)

9/11/2023

- Bismillahirrahmaanirrahheem

- In The Name of Allah
The Entirely Merciful,
The Especially Merciful

Text / Matn

1. In hind sight (for lack
of a better term);

I noticed that my
"patterns" was issue,
was heavily aggravated

by
a) lack of dhikr
ie: morning, evening
etc. etc.
b) lack of mindfulness
ie: related to the dhikr
(remembrance) said in